



Essex Cross Country Relays – Weald Park Sat 24th September 2022

Havering AC opened up their winter cross country season with seven medals - a gold, five silvers and a bronze - at the Essex Cross Country relays held in bright conditions at Weald Park on Saturday.

The **Under 17 Women** started the medals rolling, winning silver in the opening race, the combined U13-U15-U17 Girls' event. Hannah Evans, Abi Swan and Charlotte Evans stepped up into their first cross country outing in this age U17 age group to win a fine silver medal, with the B team of Erin Delea, Lucia Ward & Faith Wicks in ninth. A second podium place came from the **Under 13 Girls'** trio of Jasmine Asmal, Skye Eastman and Emmie Lole who won bronze while the **Under 15 Girls** team of Grace Tilson, Abi Rogers and Rosie Warner were sixth.

The second race for the U13-U15-U17 Boys saw club teams bag two more medals. The **Under 15 Boys** defended their title in style as they led all the way for victory. Jack West gave the team the lead, which was extended by Freddie Rowe and Findlay McLaren brought the team home 40 seconds in front of the opposition for an emphatic gold. The B team of Joseph Finch, Will Tilson and Sean Langan were fifth and the sole C team runner Daniel Lesser completed the line-up. The **Under 13 Boys** added a silver medal to the club tally thanks to good runs by Liam Bartram, Fabio Reina (on his club debut) and Oliver West, with the B Team of Ethan Carroll, Sean Mugagga and Jayden Wilkinson in seventh. The **Under 17 Men's** teams were fifth and sixth with Owen Fisher, Charlie Burgess and Finley Wolton making up the A squad, as Ryan Carroll, Max Robbins and Waleed Kabuye the B trio.

The final race of the afternoon brought a hat trick of silver medals for the senior teams. The **Senior Men's** hopes of winning the trophy for the fifth year in succession were thwarted by the strong Ilford team as they had to settle for silver. First leg runner Sam Atkins (22.10) brought the team home in third place then James Stewart (23.01) moved them up to second and Rob Warner (22.13) handed over a lead to Ben Davis (22.00) who ran well but couldn't hold off the faster Ilford last leg runner as he brought the team home in silver. The B Team of Matthew Blacklock, Charlie Howell, Luke Chester and John Whitehead finished 10th to miss out by nine seconds to be first B team in 10th place, with the C Team of Ian Anthony, James Blogg, Barry Smith, and Rob Trevor in 13th and the D team of Martin Chester, Matt Bland, John Barker and Gary Atkins coming home in 17th. Tony Collins competed well as the sole runner in the E Team.

Another silver came in the senior mixed race. Kieran O'Hara's opening leg (22:25) put them in a strong position, and good legs from Morgan Campbell (27:09), Ginte Bailey (26:45) and Steve Rand (25:39) ensured team silver. The final medal went to the **Senior Women** as the youthful team of Maddie Barker, Hannah Yexley and Natalie Sewell's – the victorious Under 17 trio from last year – stepped up to contest the senior race and won a well-deserved silver medal. There were three other senior ladies' team as the B Team of Stephanie Phillips, Chloe Rand and Clare Davies were fifth, the C Team of Sophie Rand, Emily James and the returning Jade Edwards placed 11th with the D team of Tracy O'Neill, Georgia Phillips and Clare Rudgley in 22nd.

Pics on following pages – thanks to all who posted on Facebook!

RESULTS: Essex Cross Country Relays – Weald Park Sat 24th September

All times are subject to confirmation

Senior Men: 2nd A Team 89:25 (Sam Atkins 22:10; James Stewart 23:01; Rob Warner M40 22:13; Ben Davis 22:00) ; 10th B team 99:39 (Matthew Blacklock U20, Charlie Howell U20, Luke Chester U20, John Whitehead); C Team 13th 102:35 (Ian Anthony M40 25:17, James Blogg M40 24:58, Barry Smith M40 25:50, Rob Trevor M40 26:29), 20th D Team 109:49 Martin Chester M45 27:05, Matt Bland M55 26:43, John Barker M55 28:45, Gary Atkins M50 27:15); 25th E Team (Tony Collins M40 29:55

Senior Women: 2nd A Team 85:01 (Maddie Barker U20 26:02, Hannah Yexley U20 30:33, Natalie Sewell U20 28:26); 5th B Team 89:40 (Stephanie Phillips 30:19; Chloe Rand 30:05, Clare Davies 29:14); 11th C Team (Sophie Rand 33:40, Emily James 35:52, Jade Edwards 31:18); 22nd 116:26 (Tracy O'Neill 38:57; Georgia Phillips 37:54, Clare Rudgley 39:34)

Mixed Team: 2nd 102:00 (Kieran O'Hara 22:25, Morgan Campbell 27:09, Ginte Bailey W35 26:45; Steve Rand M50 25:39)

Under 17 Men: 5th A Team 36:55 (Owen Fisher 12:54, Charlie Burgess 12:04, Finley Wolton 11:56); 6th B Team 37:28 (Ryan Carroll 12:17, Max Robbins 12:06, Waleed Kabuye 13:03)

Under 17 Women: 2nd A Team 41:55 (Hannah Evans 14:07, Abi Swan 14:18, Charlotte Evans 13:28); 9th B Team (Erin Delea, Lucia Ward, Faith Wicks)

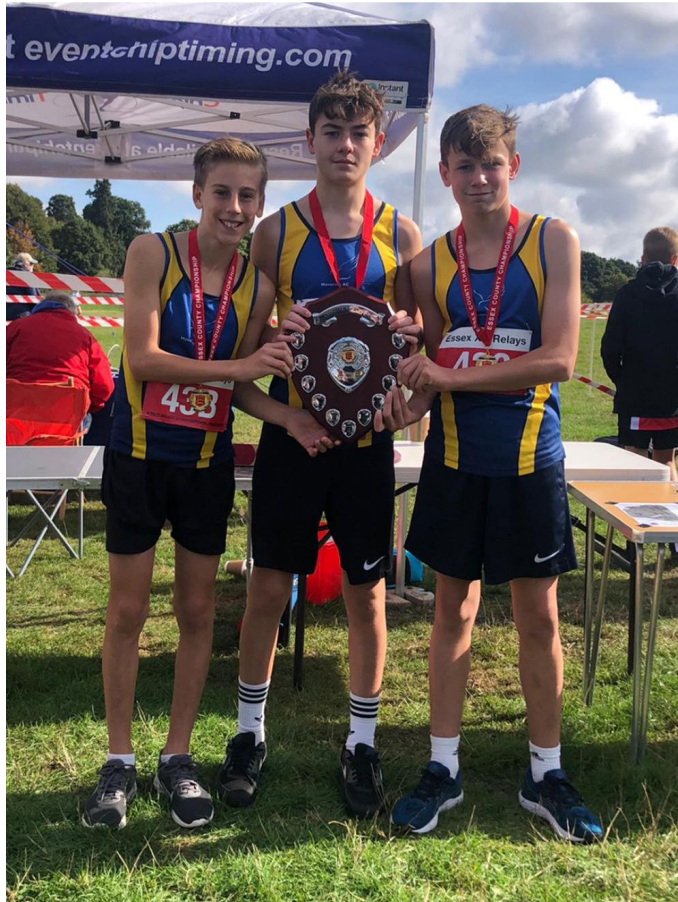
Under 15 Boys: 1st A Team 33:47 (Jack West, 11:18, Freddie Rowe 11:03; Findlay McLaren 11:24); 5th B Team 7th 37:37 (Joseph Finch 12:48, Will Tilson 13:08, Sean Langan 11:40); C Team (Daniel Lesser 13:05)

Under 15 Girls: 6th 43:52 (Grace Tilson 15:41, Abi Rogers 14:37, Rosie Warner 13:33)

Under 13 Boys: 2nd A Team 39:58 (Liam Bartram 12:18, Fabio Reina 13:23, Oliver West 14:16); 7th B Team (Ethan Carroll 13:53, Sean Mugagga. 14:25, Jayden Wilkinson 13:37)

Under 13 Girls: 3rd 45:31 (Jasmine Asmal 14:08; Skye Eastman 17:48, Emmie Lole 13:34).







London Marathon & Mini Marathon Sunday 3rd October 2021

James Connor broke Paul Bettridge's club marathon record that had stood for almost 30 years in placing fourth of the mass start finishers at Sunday's London Marathon.

James had gone close to the record in his last marathon in Frankfurt two years ago but this time he made no mistake, averaging around 16m for each 5km until half-way, which he passed in an excellent 68:12. Although slowing in the final stages James finished in 2 hours 20 mins 16 secs, just under a minute inside the long-standing club mark. Although not part of the elite race James ran quicker than five of them and his time placed him 20th fastest man overall.

Earlier, the Havering Borough young athlete teams had acquitted themselves well in the annual Virgin Money sponsored Mini Marathon event, which sees athletes in the under-13, under-15 and under-17 age groups run the final 2.5 km of the London Marathon course finishing in The Mall. The borough team's results in the London Boroughs Challenge included one team victory and two second placed teams, and an individual second and two third places. Many of the team had barely dried out after competing in Saturday's Essex relays and the early start to catch the team coach can hardly have helped.

The under 15 boys were worthy winners ahead. Joseph Grange was first home in third with Daniel Lammas and Oliver Taylor-Bush in sixth and 13th, and Ryan Carroll's 25th place confirmed the team victory ahead of Kingston. Nathan Hart (44th) & Toby Johnson (65th) completed the squad.

The Under 17 Women came close to victory but were edged out by the Bromley quartet. Natalie Sewell and Holly Watson were a brilliant third and fourth, and Maddie Barker also made the top 10, and Freya Long completed the scoring four in 42nd. Hannah Yexley (55th) and Izzy O'Connor (105th) also took part.

The Under 13 boys also had to settle for second behind a strong Wandsworth squad. Freddie Rowe was a superb runner up and Findlay McLaren not far back in fourth and Shea Sweeney 918th) and Aidan Doherty (50th) were supported by 61st placed Stanley Churchill.

Shane Hart (20th), Ryan Holeyman (33rd), Charlie Howell (35th) and Finley Wolton (69th) made up the sixth placed Under 17 men, and the Under 13 Girls were seventh thanks to Isabel and Olivia Forrest (13th & 26th), Abigail Rogers (48th) and Scarlett Woods (77th) but would have made the top three if Leila Jones had not been unwell and forced to drop out in the final stages when placed in the top 10. The Under 15 girls were 16th as Charlotte (23rd) and Hannah Evans (47th) were the first scorers with Chloe Keegan (81st) and Faith Wicks the others to scores.

Under 17 Men: 20th – Shane Hart 8:21; 33rd Ryan Holeyman (Ilford AC) 8:36; 35th Charlie Howell 8:38; 69th Finley Wolton 9:05; (**Team: 6th**) 70th Charlie Burgess 9:05; 82nd Matthew Hick (Ilford AC) 9:21.

Under 17 Women: 3rd Natalie Sewell 8:55; 4th Holly Watson (Chelmsford AC) 8:57; 10th Maddie Barker 9:16; 42nd Freya Long 10:09; (**Team 2nd**) 55th Hannah Yexley 10:23; 93rd Isobelle O'Connor 11:30.

Under 15 Boys: 3rd Joseph Grange (Ilford AC) 8:13; 6th Daniel Lammas 8:29; 13th Oliver Taylor-Bush 8:31; 25th Ryan Carroll 8:51 (**Team 1st**); 44th Nathan Hart 9:12; 65th Toby Johnson 9:28.

Under 15 Girls: 23rd Charlotte Evans 9:47; 47th Hannah Evans 10:10; 81st Chloe Keegan 10:41; 107th Faith Wicks 11:07 (**Team 16th**); 132nd Maggie Smith 12:11

Under 13 Boys: 2nd Freddie Rowe 8:37; 4th Findley McLaren 8:49; 18th Shea Sweeney 9:28; 50th Aidan Doherty 10:02; (**Team 2nd**) 61st Stanley Churchill 11:08

Under 13 Girls: 13th Isabel Forrest (Thurrock H) 9:56; 26th Olivia Forrest 10:19; 48th Abigail Rogers 10:45; 77th Scarlett Woods 11:21 (**Team 7th**) 117th Amy Mansell 12:51